

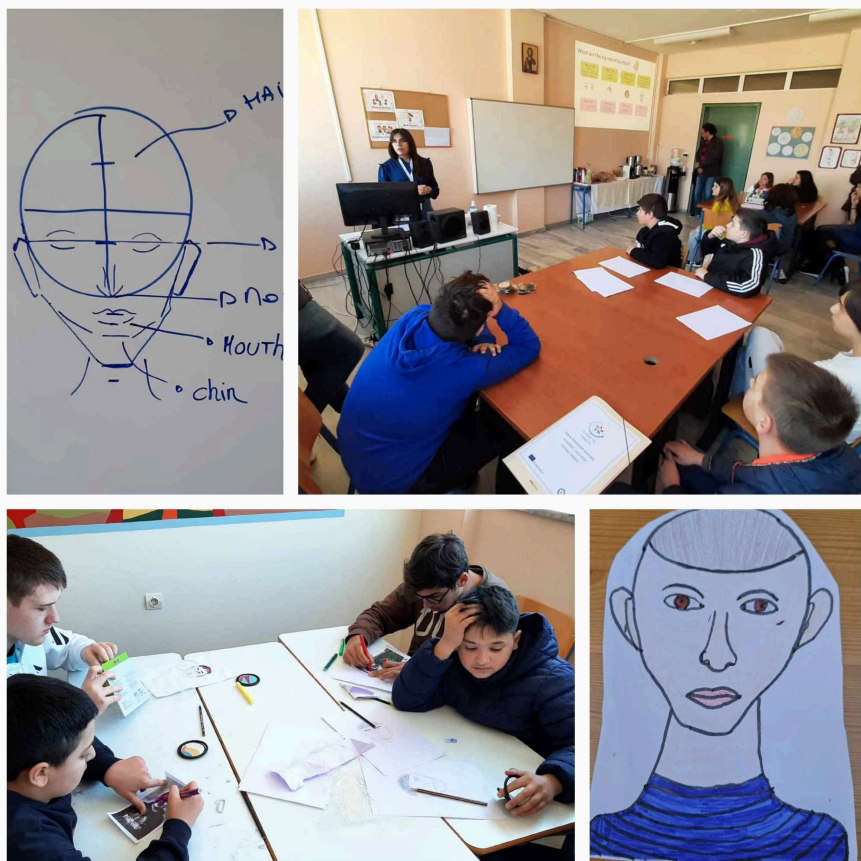


Our activities in Greece: focus on the solution.

During the workshop in Greece, we were able to improve our mental health through arts, drama and sport. The fun-filled week of work was complemented by activities such as a trip to the site of the ancient Olympics, Olympia, and a hands-on experience of hippotherapy.

Here you can find the short description of our activities in Greece.

With the aid of the Italian team there were two workshops related to burnout (This is how we are: a self-portrait) and emotional intelligence (The islands that lead to me: islands of emotions). We all learned how to draw a self-portrait, how to accept ourselves. By creating the islands of emotions in group, the students could identify their strengths and weaknesses and design a coping strategy how to escape the islands of negative emotions.



The Greek team organized two drama workshops to overcome burnout and create social connections among the group members. The exercises focused on ice-breaking activities, stress-busting activities, living statues and trust-building activities. We identified our personal ingredients of happiness and by exchanging ideas, all participants could pick some important ideas suggested by the group members. We could experience the 5-rhythms-dance workshop and the healing power of dance.



The Portuguese team organized physical activities to overcome stress. After blowing up a red balloon, we wrote down the problem that we are most concerned about and at the end of the class after balloon popping, we could get rid of our problems. We alleviated the signs of burnout with fun team fitness games and line competitions. We learned how to do relaxation exercises with a massage ball and how to recharge our batteries with the aid of physical activity and relaxation.



If you are interested in the results of the previous workshop in Portugal, please check the summary document of the ALARM workshop designed for the improvement of teachers' and educators' mental health: it's available on the project's website (<https://guidetohealth.eu/>).

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